

CAREGIVER ENCOURAGEMENT PARTNERS

Bingo Conversations

Use this card after you have been paired with a Caregiver Encouragement Partner.

Start in the free space. Choose a square to discuss or complete together. Mark an X as you go. Share only what feels comfortable and go at your own pace.

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Introduce yourselves and share a little about your lives.	Agree on how you prefer to communicate.	Choose a good time for your check-ins.	Share one thing you enjoy outside of caregiving.	Ask what encouragement means to your partner.
Ask, "How are you doing today?"	Listen without interrupting or rushing to give advice.	Share one challenge you feel comfortable discussing.	Celebrate a small win together.	Send a thoughtful message between check-ins.
Share something that helps you recharge.	Ask, "Would you like me to listen or help think it through?"	FREE SPACE Start here: Visit Mighty Caregivers edgeumc.com/mightycaregivers	Share a favorite song, book, or hobby.	Thank your partner for something they shared.
Talk about boundaries and respecting each other's privacy.	Share one thing you are grateful for.	Encourage each other to take a break.	Ask what would make this week a little easier.	Share a helpful resource if your partner wants one.
Follow up on something your partner mentioned.	Share a hope or goal for the week.	Offer prayer or a kind thought, if welcomed.	Ask how your check-ins are working for both of you.	Make a plan to connect again.

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